

Before you fire up the grill, keep in mind--most of the foodborne illnesses associated with *Salmonella* and *E. coli* 0157:H7 usually happen during the summer. Often, the summertime illnesses are linked to barbecues or picnics where meat was improperly stored, handled, or cooked.

Following the proper meat handling tips found in this brochure will help you keep your summer safe from a foodborne illness.



Cleaning and Sanitizing

Cleaning and sanitizing are important to kill germs on counters and equipment used for food preparation. Wash and rinse the surfaces of counters, cutting boards, and utensils with soap and water before you sanitize.

Sanitizing:

A sanitizing solution, like bleach and water, is used to kill the germs that remain after cleaning with soap and water. Clean and sanitize any item that has touched raw meat.

To prepare a bleach and water sanitizer:
mix 1 teaspoon of bleach per
gallon of cool water.



Note: Use cool water, because hot water will speed the rate of bleach evaporation. Also, do not add soap to the water--the mixture won't kill germs as well.

Safe Handling of Raw Meat

Raw meat must be handled and stored safely to prevent bacteria from growing to unsafe levels, and to make sure bacteria from raw meat are not spread to other foods.

While shopping



Make the grocery store the last stop before home.

Pick up meats and other refrigerated or frozen items last.



Place raw meat in separate plastic bags to protect other items from dripping blood and juices.



Store refrigerated foods in an ice chest if it will take longer than an hour to get home.

At home



Set refrigerator temperature to keep perishable foods, including meat, below 41°F and freezers to keep foods at 0°F or colder.



Place perishable items in the refrigerator or the freezer immediately when you get home.



Store raw meat in a plastic or glass container below all other foods in the refrigerator so that other food items are protected from dripping blood and juices.



Refrigerated raw meat and poultry should be cooked or frozen within 1-2 days.

Away from home



Use an insulated cooler to keep meat cold. Keep the meat in water-tight containers that will not drip. Layer the foods with ice.

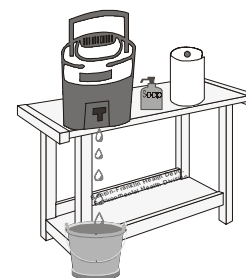


Remember, loose ice used to keep the food cold should not be used in drinks.

Safe Preparation of Raw Meat

Food safety begins with handwashing.

If you do not have a sink, you can set up a temporary handwashing station.



Fill a thermos or jug (that has a spout) with warm water. Set the thermos on a table and place a catch bucket underneath it. Remember to take soap and paper towels.

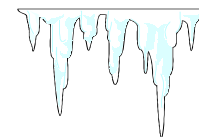
Protect all food items from meat blood or juice.

Wash your hands after handling raw meat so you do not cross-contaminate other items with bacteria from the raw meat.

Use separate utensils and cutting boards for raw meats and produce.

Wash and sanitize all utensils which have touched raw meat before using them for other foods.

If you will use the raw meat marinade as a serving sauce, heat the marinade to a rolling boil for at least 1 minute first.



Keep the meat cold until you are ready to cook.

Defrost frozen meat in the refrigerator or under cold running water. It is not safe to thaw meat on the kitchen counter--bacteria can multiply in the outer layers before the inner layers are thawed.

If you defrost in the microwave, cook the food immediately.

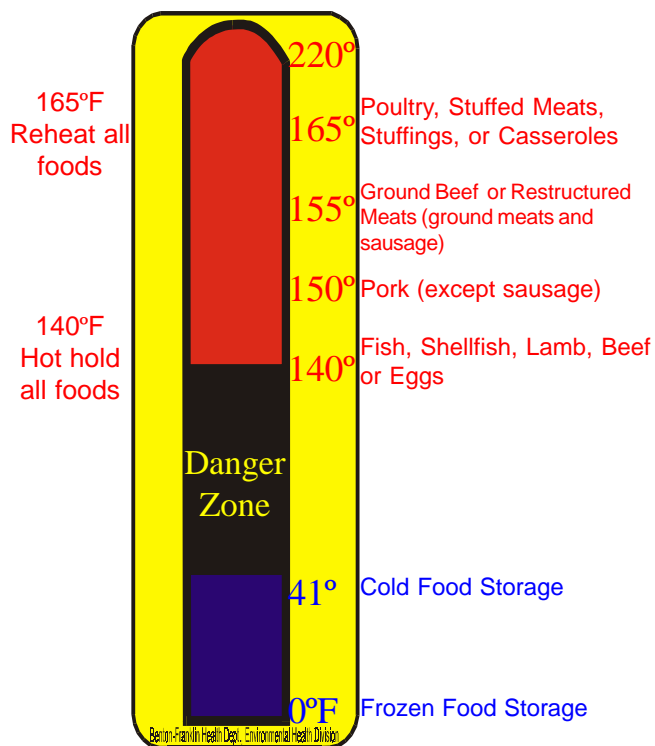
Marinate raw meat in the refrigerator.

Barbecue Temperature Tips

Raw meat products must be cooked thoroughly to kill harmful bacteria and parasites that might be present and can cause illness.

Use a metal-stem thermometer to ensure meat has reached its recommended minimum internal temperature.

Metal-stem thermometers measure temperatures from 0-220°F. They can be purchased from restaurant supply companies or from department stores. Follow package directions for use.



Use your thermometer to verify hot and cold food safety temperatures.

More Barbecue Tips

You can also follow these additional recommendations to check if the meat is cooked thoroughly:

- Fish should be cooked until it flakes with a fork.
- Beef and pork should be cooked until all the pink is gone. Cook ground beef patties until juices run clear and the inside of the patty is no longer pink.
- Poultry should be cooked until there is no red in the joints, and juices run clear.

During grilling, turn meats at least twice and flatten with a spatula to burn off excess blood.

After barbecuing, refrigerate leftover foods or place in ice storage immediately. Separate into small portions for faster cooling.

Perishable food should not be left out over one hour in high summer heat (85°F or above).

For more information, contact:

Your local health department
Benton-Franklin Health District
800 W. Canal Dr.
Kennewick, WA 99336
(509) 582-7761 x246
www.bfhd.wa.gov

W.S.U. Cooperative Extension
5600E W. Canal Place
Kennewick, WA 99336
(509) 735-3551

BFHD-E-0014 06/01

Outdoor Tips BBQ Food Safety

